Headache Toolkit:

HEADACHE ACTION PLAN CHEAT SHEET

Now that you know the many things you can do to help yourself feel better, it's time to think about putting together your own plan. You don't have to tackle everything at once. Trying to make too many changes at one time can actually work against you. Let's stick with 2, maybe 3 goals to start!

It's a three step process: set the goal, write down the actions you'll take to achieve that goal, and then figure out what support you need from your family, friends, and/or medical team. We put together this "cheat sheet" to give you examples about how this works. You don't need to use these examples but feel free to do that if they work for you! There are separate **Headache Prevention Action Plan** and **Headache Rescue Action Plan** worksheets where you can fill in your own goals.

Examples:

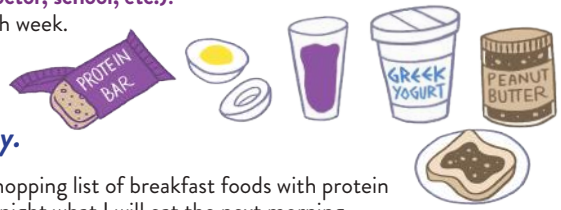
Drink:

Goal: Drink 64 ounces of water each day.

Action(s) I will take: I will label 4 water bottles each day and make sure I drink all of them before the day is over.

Support I need from (mom, dad, doctor, school, etc.):
Provide 28 (16oz) water bottles each week.

Eat:



Goal: Eat breakfast each day.

Action(s) I will take: Give mom a shopping list of breakfast foods with protein in them that I like, and decide each night what I will eat the next morning.

(Great examples of easy breakfasts include protein shakes, protein bars, a hardboiled egg, toast with peanut butter, and Greek yogurt.)

Support I need from (mom, dad, doctor, school, etc.):
Buy the foods on the list from the store each week and remind me if I'm forgetting to eat breakfast.

Move:

Goal: I will exercise for at least 30 minutes 4 days a week.

Action(s) I will take: I will walk the dog when the weather is nice. On other days I will do a dance video online.

Support I need from (mom, dad, doctor, school, etc.):
Pay $10 for a fitness app each month and walk the dog with me when I'm having a hard time staying motivated.

Have Fun:

Goal: I will invite a friend over twice a week.

Action(s) I will take:
Text friends on Sunday each week to make plans.

Support I need from (mom, dad, doctor, school, etc.):
Help pick up/take home my friends.

Relax:

Goal: Listen to ImaginAction each night before bed.

Action(s) I will take: Find the website and bookmark it on my phone.

Support I need from (mom, dad, doctor, school, etc.):
Remind me if I haven't started to listen to it by 8:30 each night.

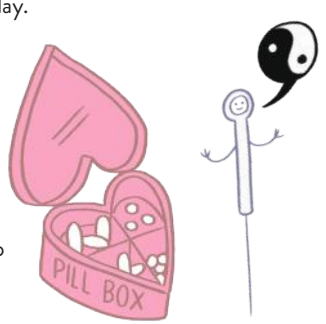
Sleep:

Goal: Get 8 hours of sleep each night.

Action(s) I will take: Put my phone in the kitchen to charge each night and be in bed with the lights out by 10pm.

Support I need from (mom, dad, doctor, school, etc.):
Mom will let me have 2 hours of extra screen time on the weekend if I meet my bedtime goal each night Sunday through Thursday.

Meds and Supplements:



Goal: Be more consistent with meds.

Action(s) I will take: Put meds in my pill box.

Support I need from (mom, dad, doctor, school, etc.):
Mom will buy me a new pill box. Also, mom will remind me to take my meds at 8pm if I haven't remembered on my own.

Other Stuff:

Goal: Try acupuncture once and if I like it, keep doing it.

Action(s) I will take: Remind mom to make an acupuncture appointment for me.

Support I need from (mom, dad, doctor, school, etc.):
Make the appointment and take me to it.

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